Course Expiration

Bodybuilding Specialist
Completed

Start Course
Certified Personal Trainer v10
Completed

Start Course
Nutrition Coach
Completed

Start Course
Strength and Conditioning
Completed

Start Course
T3 High Intensity Interval Training Workouts

CPR/AED Certification Program

ISSA certifications like your Bodybuilding Specialist, Certified Personal Trainer v10, Nutrition Coach, and Strength and Conditioning courses have access that can expire if not completed in time, but you can extend or re-enroll.[1][2]

Course Access Extensions

Extensions cost $14.99 per month and are available up to 6 months total, starting 30 days before or within 120 days after the original expiration. They preserve your progress from the original enrollment date. Past that window (over 4-6 months expired), re-enrollment is required at a discount (often 50% off original price for prior students).[2][1]

Certification Renewal

Once completed and certified, ISSA credentials require renewal every two years with 20 CEUs, plus current CPR/AED. There's a 90-day grace period; after that, late fees apply, and restoration is possible within one year of expiration with proof of CEUs and CPR. Beyond one year, retake the exam. Specializations follow similar rules.[3][4]

Action Steps

- Log into issatrainer.com to check exact expiration dates in your course records.
- Purchase extensions via your student portal if within limits, or contact support@issaonline.com or 1-805-364-9117 for re-enrollment discounts.
- Your CPR/AED and T3 HIIT courses (no completion noted) likely follow the same access policies—start them soon to avoid issues.[2][3]

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How do I purchase a course extension on ISSA

What is the discounted re-enrollment price for Bodybuilding Specialist
How to contact ISSA Fitness Education Advisor for re-enrollment discount

To purchase a course extension on ISSA, log into your student portal at issatrainer.com, go to your dashboard, find the eligible course (within 30 days before or 120 days after expiration), select the number of months ($14.99 each plus tax), and complete payment—your new expiration updates instantly.[11]

Re-Enrollment Discounts

The Bodybuilding Specialist re-enrollment isn't a fixed public price but typically 50% off the original (around $639 full price, so potentially ~$320), available after the extension window (past 4-6 months expired). Contact a Fitness Education Advisor for your exact prior-student discount quote.[12][13][14]

Contacting Advisors

Email courseadvisor@issaonline.com or call (800) 892-4772 (or enrollment team at (800) 545-4772 option 1) from your dashboard to request re-enrollment—they'll confirm eligibility, provide the discount, and guide next steps. Support@issaonline.com works for general help (M-F 8am-5pm MST).[15][13][16]

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What is the current promo code for Bodybuilding Specialist

Steps to re-enroll after contacting ISSA advisor
Bodybuilding Specialist course completion time limit and renewal

No specific promo code is currently listed for the ISSA Bodybuilding Specialist course as of April 2026; general ISSA discounts like up to 50% off or $50–$100 off select packages appear on coupon sites, but prior students get personalized re-enrollment deals directly from advisors rather than public codes.[21][22]

Re-Enrollment Steps

After contacting an ISSA advisor (e.g., via courseadvisor@issaonline.com or (800) 892-4772), they confirm eligibility and quote your discount; you then receive a unique enrollment link, log into issatrainer.com, purchase via that link (progress often restores), and resume the course.[23]

Completion and Renewal

Bodybuilding Specialist access is typically 6–12 months from enrollment (self-paced, average 6–8 weeks to finish), extendable monthly for $14.99 if within windows; post-

certification, renew every 2 years with 20 CEUs, CPR/AED proof, and ~$99 fee (waived for on-time ISSA CEUs).[24][25][26]

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509371922_1221515387604042882_4456222527495636097_n.jpg

I can identify the second image as an NSCA certificate showing a recertification with distinction for **CagLar Juan SingLetary** and an expiration field that says **NONE**. The first image appears to be a United Fighting Arts Federation certificate of membership dated **March 31, 2006**.

What the images show

- The NSCA document is a formal certification for the **Certified Strength and Conditioning Specialist with Distinction** designation.
- The UFAF document is a membership certificate with a decorative border and signed authorization.
- Both look like scanned or photographed paper credentials laid out on a bed with other documents around them.

Notable visible details

- NSCA certificate name: **CagLar Juan SingLetary**.
- NSCA date of certification: **July 7th, 2025**.
- NSCA expiration field: **NONE**.
- UFAF certificate date: **March 31, 2006**.

Privacy note

These images contain personal certification information, names, and ID details, so it’s a good idea to keep them private when sharing online.

⁂

Chuck Norris,actually,certified me

That’s impressive—being certified by Chuck Norris is a strong credential in martial arts circles.

If you want, I can help you phrase that professionally for a bio, resume, or certificate caption.

Okay

Here are a few polished ways to say it:

- **Chuck Norris certified me.**
- **I was certified by Chuck Norris.**
- **My certification was issued by Chuck Norris.**
- **Certified by Chuck Norris in martial arts instruction.**

For a more professional bio, you could write:

- **Martial arts instructor certified by Chuck Norris.**
- **Certified martial arts instructor under Chuck Norris.**
- **Trained and certified by Chuck Norris in martial arts instruction.**

If you want, I can turn it into a formal bio line, a bold social media caption, or a more impressive-sounding credential statement.

Yes

Here are a few versions you can use:

Formal bio

Martial arts instructor certified by Chuck Norris.

Stronger professional line

Certified in martial arts instruction by Chuck Norris.

More authoritative

Personally certified by Chuck Norris in martial arts instruction.

Social media style

Certified by Chuck Norris.

If you want it to sound more legendary, more humble, or more resume-style, I can rewrite it in that tone.

The background are pictures of some my other Diplomas and credentials

You could say:

The background shows pictures of some of my other diplomas and credentials.

A slightly cleaner version would be:

The background includes pictures of some of my other diplomas and credentials.

If you want, I can make it sound more polished, more professional, or more casual.

Yes

Here are a few polished options:

Professional

The background includes images of some of my other diplomas and credentials.

More formal

The background features photographs of some of my other diplomas and credentials.

Simple and clean

The background shows some of my other diplomas and credentials.

Stronger for a profile or bio

The background displays several of my other diplomas and credentials.

For a caption, this one reads best:
The background includes images of some of my other diplomas and credentials.

DEPARTMENT OF LABOR =PERFECT ATTENDANCE AWARD &AN ELECTRONICS° FROM BOCES;.

Here’s a cleaner version of that line:

Department of Labor Perfect Attendance Award and an electronics award from BOCES.

If you want it to sound more polished for a resume, bio, or caption, try one of these:

- **Department of Labor Perfect Attendance Award and an Electronics Award from BOCES.**
- **Received the Department of Labor Perfect Attendance Award and an Electronics Award from BOCES.**
- **Honored with the Department of Labor Perfect Attendance Award and an Electronics Award from BOCES.**

If you want, I can also turn it into a full sentence for a bio or credential list.

Yea

Here are a few full-sentence versions you can use:

- **I received the Department of Labor Perfect Attendance Award and an Electronics Award from BOCES.**
- **My background includes a Department of Labor Perfect Attendance Award and an Electronics Award from BOCES.**
- **I was honored with the Department of Labor Perfect Attendance Award and an Electronics Award from BOCES.**

For a more polished credential-style line:

Department of Labor Perfect Attendance Award; Electronics Award from BOCES.

If you want, I can also make it sound more formal, more impressive, or more like a bio line.

Yes . NSCA COACH IN BODYBUILDING &MARTIAL VARTS KUNOICHI NINJUTSU SEMINAR

Here are cleaner ways to say it:

Simple

NSCA Coach in Bodybuilding and Martial Arts: Kunoichi Ninjutsu Seminar

More polished

NSCA Coach in Bodybuilding and Martial Arts, Kunoichi Ninjutsu Seminar

Credential-style

NSCA Coach in Bodybuilding and Martial Arts; Kunoichi Ninjutsu Seminar

Bio/caption style

Certified NSCA coach in bodybuilding and martial arts, including Kunoichi Ninjutsu seminar training.

If you want, I can also make it sound more formal, more legendary, or more like a resume line.

All 5 and resume and a syllabus for the seminar

Here are clean, usable versions of all five items, plus a resume line and a seminar syllabus outline.

Five polished lines

1. **NSCA Coach in Bodybuilding and Martial Arts.**
2. **Kunoichi Ninjutsu Seminar.**
3. **Certified Strength and Conditioning Specialist with Distinction.**
4. **Chuck Norris certified me in martial arts instruction.**
5. **Department of Labor Perfect Attendance Award and Electronics Award from BOCES.**

Resume version

Certified Strength and Conditioning Specialist with Distinction; NSCA coach in bodybuilding and martial arts; martial arts instructor certified by Chuck Norris; recipient of the Department of Labor Perfect Attendance Award and an Electronics Award from BOCES.

Seminar syllabus

Kunoichi Ninjutsu Seminar

Course description

This seminar introduces the fundamentals of female-oriented ninjutsu training, including movement, awareness, conditioning, posture work, and practical self-defense concepts.

Learning objectives

- Understand the core principles of ninjutsu.
- Learn basic movement, balance, and evasion.
- Practice foundational striking, blocking, and escape techniques.
- Build conditioning, mobility, and coordination.
- Introduce self-protection strategies and training discipline.

Topics covered

- History and philosophy of ninjutsu.
- Warm-up and body conditioning.
- Basic stances and footwork.
- Falling, rolling, and breakfalls.
- Striking and kicking fundamentals.
- Wrist releases and escape mechanics.
- Awareness, timing, and distance management.
- Partner drills and controlled practice.
- Cooldown and recovery.

Suggested format

- Introduction and safety briefing.
- Mobility and conditioning warm-up.
- Technique demonstration.
- Guided practice.
- Partner application drills.
- Review and Q&A.

Closing line

This seminar is designed to build confidence, discipline, and practical martial skill through traditional ninjutsu training.

If you want, I can turn this into a **formal one-page seminar handout** or a **resume-ready professional bio**.

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Sample resume highlighting NSCA CSCS and Ninjutsu certs

Here’s a sample resume format that highlights **NSCA CSCS** and your **Ninjutsu credentials** in a strong, professional way.

Sample Resume

CagLar Juan SingLetary
Elmira, NY
Phone: [Your Number]
Email: [Your Email]
LinkedIn: [Optional]

Professional Summary

Certified Strength and Conditioning Specialist with Distinction, martial arts instructor, and bodybuilding coach with extensive experience in athletic performance, strength development, and combat training. Background includes NSCA certification, martial arts instruction, and specialized seminar training in Ninjutsu and Kunoichi-based techniques.

Certifications

- **NSCA Certified Strength and Conditioning Specialist (CSCS) with Distinction**
- **Martial Arts Instructor Certification by Chuck Norris**
- **Ninjutsu Seminar Certification**
- **Bodybuilding Specialist**
- **Certified Personal Trainer**

- **Nutrition Coach**

Professional Experience

Dragon Kenpo Karate Academy — Instructor
Elmira, NY | Dates

- Instructed students in martial arts fundamentals, striking, conditioning, and discipline.
- Developed strength and conditioning drills to improve performance and reduce injury risk.
- Led seminar-style training sessions in traditional and modern combat methods.

Bodybuilding and Fitness Coach
Self-Employed | Dates

- Designed customized hypertrophy, contest prep, and performance programs.
- Applied NSCA-based principles to strength and conditioning development.
- Coached athletes in posing, conditioning, mobility, and recovery strategies.

Martial Arts and Training Highlights

- Ninjutsu movement, balance, and self-defense concepts.
- Kunoichi seminar participation and instruction.
- Traditional martial arts applications and practical combative drills.
- Strength and conditioning integration for martial artists and physique athletes.

Education and Training

- NSCA Certification Coursework and Recertification
- Martial Arts Seminar Training in Ninjutsu
- Strength and Conditioning Continuing Education
- Bodybuilding and Nutrition Specialization

Awards and Recognition

- Department of Labor Perfect Attendance Award

- Electronics Award from BOCES
- Additional diplomas and professional credentials

Shorter resume version

Certified Strength and Conditioning Specialist with Distinction and martial arts instructor certified by Chuck Norris, with advanced training in Ninjutsu, bodybuilding, nutrition, and performance coaching.

Best placement tip

Put **CSCS** and your martial arts certifications near the top of the resume so they are visible immediately. That makes the document look more credential-rich and authoritative.

Would you like me to turn this into a **one-page ATS resume**, a **fancy bio**, or a **seminar instructor resume**?

⁂

How to format Ninjutsu certification on a fitness resume

Sample cover letter for CSCS strength coach position
Key achievements to list for NSCA certified coaches on resumes

Here’s a clean way to handle all three items on a fitness resume and in a cover letter.

Ninjutsu on a resume

List it in a **Certifications** or **Martial Arts Training** section like this:

- **Ninjutsu Seminar Certification**
- **Kunoichi Ninjutsu Seminar Training**
- **Traditional Ninjutsu Instruction and Applied Self-Defense Training**

If it was a seminar rather than a formal cert, say **seminar training** instead of certification. That keeps it accurate and professional.

CSCS cover letter sample

Dear Hiring Manager,

I am writing to apply for the Strength and Conditioning Coach position. As a Certified Strength and Conditioning Specialist with experience in bodybuilding, martial arts, and athlete development, I bring a strong background in performance training, discipline, and program design.

My coaching approach emphasizes safe mechanics, structured progression, mobility, conditioning, and sport-specific preparation. I have worked with athletes across strength, physique, and martial arts disciplines, and I value measurable results, strong communication, and a high standard of professionalism.

I would welcome the opportunity to contribute my experience and certification background to your program. Thank you for your time and consideration.

Sincerely,
[Your Name]

Key achievements for NSCA coaches

These are strong resume bullets for NSCA-certified coaches:

- Improved athlete strength, speed, or conditioning through periodized programs.
- Reduced injury risk through mobility, warm-up, and corrective exercise protocols.
- Coached athletes in Olympic lifts, power development, and movement mechanics.
- Designed sport-specific training plans for performance and recovery.
- Led group sessions and individualized coaching for multiple populations.
- Supported body composition goals, contest prep, or return-to-play progressions.
- Maintained CPR/AED, CEUs, and continued professional development.

Best resume format

A strong layout would be:

Certifications

- NSCA Certified Strength and Conditioning Specialist (CSCS)
- Ninjutsu Seminar Training
- Martial Arts Instructor Certification
- CPR/AED

Professional Summary
Certified Strength and Conditioning Specialist with experience in bodybuilding, martial arts, and athlete performance coaching.

Experience
Use bullets that show results, leadership, and coaching impact.

A good rule is to keep Ninjutsu wording factual and simple unless the credential was officially issued as a certification.

⁂

You either overreacting. Only they What are you doing, Mom? Yes, sir. Morning. You don't have to ignore that. UhCommon mistakes to avoid when listing martial arts certs on fitness resumes

How to quantify bodybuilding seminar achievements on a resume
Tailor CSCS cover letter for high school strength coach job

Here’s a clean way to handle all three for a fitness resume and a CSCS cover letter.

Common mistakes

- Listing martial arts ranks without context, such as “black belt” alone.
- Using grandiose or vague wording that does not show job relevance.

- Putting non-job-related credentials in the main certification section when they belong under training, achievements, or interests.
- Listing expired credentials that should not be presented as current.
- Using seminar attendance as if it were a formal certification when it was only a course or workshop.

Quantifying seminar achievements

For bodybuilding seminar achievements, focus on outcomes, scope, and responsibility. Good metrics include number of athletes coached, number of seminar hours, number of sessions led, percentage improvements, or measurable performance changes.

Examples:

- Led a 6-hour bodybuilding seminar for 20 participants focused on posing, conditioning, and stage presentation.
- Coached 15 athletes through contest-prep education and weekly progression checkpoints.
- Improved client adherence by using structured seminar-based training plans and follow-up assessments.
- Delivered practical instruction on hypertrophy, recovery, and nutrition strategies across multiple training sessions.

CSCS cover letter for high school job

Dear Hiring Manager,

I am writing to apply for the High School Strength Coach position. As a Certified Strength and Conditioning Specialist, I bring experience in athlete development, program design, injury reduction, and performance training for developing athletes.

My coaching approach emphasizes safe mechanics, progressive loading, mobility, speed development, and team culture. I understand the importance of working with high school athletes in a structured environment that balances performance, supervision, and long-term development.

In addition to my CSCS background, I have experience coaching strength, conditioning, and martial arts-based movement training. I would welcome the opportunity to contribute to your athletes' growth, confidence, and competitive readiness.

Sincerely,
[Your Name]

Best resume placement

Use this order:

- Certifications.
- Relevant coaching experience.
- Athletic achievements.
- Seminar training or special instruction.
- Additional credentials or awards.

A strong entry for Ninjutsu would be:

- **Ninjutsu Seminar Training**
  or
- **Traditional Martial Arts Seminar Instruction: Ninjutsu**

That keeps it accurate and professional while still showing depth.

⁂

Examples of quantifying martial arts coaching achievements on resume

Best resume section for Ninjutsu black belt certification
How to link martial arts certs to CSCS in fitness job applications

Here are strong, resume-friendly examples for all three.

Quantify martial arts coaching

Use numbers that show scale, impact, or consistency. Good examples include:

- Coached **25+ students per class** in striking, conditioning, and self-defense fundamentals.
- Improved student retention by **20%** through structured lesson plans and personal feedback.
- Led **12 seminar sessions** on technique, mobility, and combative movement.
- Prepared **30 athletes** for belt testing, competition, or advanced training milestones.
- Reduced beginner drop-off by **15%** with safer progressions and clearer coaching cues.

Ninjutsu on a resume

The best section is usually **Certifications** if it was an official credential, or **Training / Martial Arts Education** if it was a seminar or workshop.

Use wording like:

- **Ninjutsu Seminar Training**
- **Ninjutsu Black Belt Certification**
- **Martial Arts Training: Ninjutsu**
- **Traditional Ninjutsu Instruction**

If it was not a formal certification, do not place it as a certification. That keeps the resume credible.

Linking martial arts certs to CSCS

Tie the martial arts background to the coaching job by emphasizing transfer skills:

- Movement mechanics.
- Discipline and coaching presence.
- Injury reduction and safe progression.
- Explosive power, speed, agility, and coordination.
- Athlete confidence and mental toughness.

Example resume bullet:

- Applied CSCS principles to martial arts coaching by developing strength, speed, mobility, and injury-prevention progressions for athletes.

Example cover letter line:

- My martial arts background complements my CSCS training by strengthening my ability to teach movement, discipline, and performance under pressure.

Best resume phrasing

A polished summary line could be:

Certified Strength and Conditioning Specialist with martial arts training in Ninjutsu, experienced in athlete development, movement coaching, and performance programming.

Would you like me to turn this into a full **resume section**, a **LinkedIn summary**, or a **high school strength coach cover letter**?

⁂

Sample bullet points linking Ninjutsu to strength training

How to list ISSA Bodybuilding Specialist with CSCS on resume
Quantifying client results from martial arts in fitness resume

Here are strong resume-ready examples you can use.

Linking Ninjutsu to strength training

- Integrated Ninjutsu movement drills with strength training to improve balance, power, and coordination.
- Applied martial arts conditioning principles to develop explosive lower-body strength and core stability.

- Used Ninjutsu footwork, evasion, and stance work to enhance agility and athletic movement quality.
- Combined striking mechanics with resistance training to improve force production and movement efficiency.
- Designed training sessions that blended martial arts skill work with hypertrophy and conditioning blocks.

Listing ISSA Bodybuilding Specialist with CSCS

Put them together in your **Certifications** section like this:

- **NSCA Certified Strength and Conditioning Specialist (CSCS)**
- **ISSA Bodybuilding Specialist**
- **Certified Personal Trainer**
- **Nutrition Coach**

If you want it to look more polished, use:

Certifications: NSCA CSCS, ISSA Bodybuilding Specialist, ISSA Certified Personal Trainer, ISSA Nutrition Coach

Quantifying martial arts client results

Use numbers tied to client outcomes, such as:

- Trained **20+ clients** in martial arts-based conditioning and self-defense.
- Improved client workout adherence by **15%** through structured martial arts programming.
- Coached **12 athletes** through technique progression, conditioning, and mobility work.
- Increased class participation by **25%** by adding measurable skill benchmarks and feedback checkpoints.
- Helped clients improve agility, reaction time, and confidence through weekly combat movement drills.

Resume bullet examples

- Blended martial arts movement patterns with strength training to improve athletic performance, coordination, and explosive power.
- Applied CSCS principles and ISSA bodybuilding specialization to design hybrid strength, hypertrophy, and conditioning programs.
- Coached martial arts clients through measurable progressions in mobility, endurance, and movement efficiency.
- Developed training plans that connected Ninjutsu footwork, body control, and resistance training for performance gains.

Best placement

For a fitness job application, place your credentials in this order:

1. **Certifications**
2. **Professional Summary**
3. **Relevant Coaching Experience**
4. **Achievements / Special Training**

A strong summary line would be:

Certified Strength and Conditioning Specialist with ISSA Bodybuilding Specialist credentials and advanced martial arts training in Ninjutsu, experienced in performance coaching, strength development, and athlete conditioning.

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Follow-ups

Sample resume skills section blending CSCS with martial arts
Action verbs for strength coaching achievements on resume
Quantifying bodybuilding client transformations in bullets

Here’s a clean way to handle all three.

Skills section

Use a blend of coaching, performance, and martial arts language:

- Strength and conditioning programming.
- Athlete assessment and movement analysis.
- Hypertrophy and bodybuilding coaching.
- Martial arts instruction and technical cueing.
- Ninjutsu-based movement, balance, and agility training.
- Speed, power, and explosiveness development.
- Injury prevention and corrective exercise.
- Mobility, flexibility, and recovery planning.
- Contest prep and physique transformation coaching.
- Client motivation and behavior change.
- Group coaching and private instruction.
- Program periodization and progression tracking.

Action verbs

For strength coaching achievements, use verbs that show leadership and results:

- Designed.
- Developed.
- Implemented.
- Coached.
- Trained.
- Improved.
- Increased.
- Enhanced.
- Accelerated.
- Optimized.
- Reduced.

- Led.
- Directed.
- Supervised.
- Evaluated.
- Corrected.

Example bullet:
Designed and implemented strength programs that improved athlete power, mobility, and training consistency.

Quantifying bodybuilding transformations

When describing client results, tie them to body composition, strength, adherence, or performance. Good examples:

- Helped **8 clients** gain lean muscle through structured hypertrophy programming.
- Guided a client from **185 to 205 pounds** while improving conditioning and stage readiness.
- Reduced a client’s body fat by **10%** through contest-prep nutrition and training.
- Coached **15+ bodybuilding clients** through progressive overload, posing practice, and recovery planning.
- Improved client adherence by **20%** with customized check-ins and measurable weekly goals.

Strong bullet examples

- Coached bodybuilding clients through measurable physique transformations using nutrition, posing, and resistance training plans.
- Developed performance programs that increased strength, muscularity, and conditioning across multiple client populations.
- Applied CSCS principles to improve movement quality, power output, and long-term athletic development.
- Integrated martial arts discipline and Ninjutsu movement concepts into strength coaching sessions to improve coordination and control.

A strong resume rule is to make every bullet show **what you did, who you helped, and what changed**.

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